

# TERM 4 CANTEN MENU



## DAILY DEALS



### MONDAY



#### HOUND DOG MONDAY \$7.00

All American frankfurt in a hot dog bun with mozzarella, caramelised onion + sauce

LOADED HOUND DOG WITH CHILL CON CARNE +\$2.00

ADD HASHBROWNS +\$2.50

### TUESDAY



#### 'CHEEZY' TUESDAY \$8.90

VEG

Golden baked arancini with four cheeses served with cowboy style rice salad

### WEDNESDAY

#### WACKY PIZZA WEDNESDAY

Pizza Square + Garlic Bread \$8.50

2 X Pizza Squares \$9.50

Single Pizza Square JUNIOR ONLY \$5.50

OPTIONS DOUBLE CHEEZY MARGHERITA | VEG

FAB FARMHOUSE | HAPPY HAWAIIAN

#### MAKE IT A MEAL DEAL! SENIOR ONLY

ADD LUCKY DIP JUICE BOMB \$3.50



### THURSDAY

#### BORN IN THE USA BURGER \$9.90

Classic beef pattie with lettuce, tomato, mayo + American cheddar served with sweet chilli sour cream crisps

OPTIONAL ASIAN INSPIRED TOFU BURGER VEG \$8.90

BEST BURGER EVER ONLY \$8.50

### FRIYAY



#### MEXICAN MADNESS \$8.50

Tex mex nachos with crunchy corn chips, pico de gallo, grated cheese, guacamole + sour cream

OPTIONAL CHILLI CON CARNE OR VEGIE BEAN VEG | GF

ADD LEMONADE ICY POP +2.50



AVAILABLE EVERY FRIDAY + SPECIAL DAYS

#### BENTO LUNCH BAG



Choose your Onigiri

- Teriyaki chicken
- Tofu Kimchi
- Tuna Mayo
- Bacon Egg

\$9.50

SERVED WITH SEA SALT PRETZELS + BERRY JELLY CUP

ADD LUCKY DIP JUICE CUP +\$2.00

## EVERYDAY LUNCHTIME



BABY PASTA BOLOGNASIE	\$6.00
TWISTA PASTA BOLOGNASIE	\$8.50
BOLOGNASIE + GARLIC BREAD	\$9.90

BEST DEAL

WITH HIDDEN VEG + PARMESAN  
OPTIONS BEEF | VEGGIE | DAIRY FREE | DAIRY FREE

BABY BUTTER CHICKEN + RICE	GF	\$6.00
BUTTER CHICKEN + RICE	GF	\$8.50
BUTTER CHICKEN + NAAN BREAD		\$10.50

BEST DEAL

EASY CHEEZY POTATO BAKE BOWL VEG \$6.90  
WITH OPTION TO ADD CRISPY BACON (12OZ) +\$1.60

NEW

## JUNIOR ONLY SPECIALS



SIMPLE PASTA BOWL \$4.00

Add Napolitano sauce +\$1.00  
Add grated mozzarella \$1.00  
Add beef or veggie bolognaise +\$2.00

SIMPLE RICE BOWL \$4.00

## SENIOR ONLY SPECIALS



SENSATIONAL SUMMER TOASTIE \$8.50

CRISPY CHICKEN, RANCH MAYO, AVO,  
SPINACH, MELTED CHEESE ON TURKISH  
WITH SEA SALT POTATO CRISPS \$9.90

BEST DEAL

## SUSHI TIME



NORI HAND ROLL SENIOR \$5.70

BABY SUSHI JUNIOR \$5.50

with soya sauce

Options teriyaki chicken | tuna mayo GF |  
chicken katsu | avocado | GF | VEG

SUSHI VALUE DEAL FROM \$8.90

- Sushi Roll or Baby Sushi
- Oriental Rice Crackers or Sea Salt Popcorn
- Lucky Dip Cookie
- Option to add juice cup +\$2.00

BEST DEAL

## MIND MUNCHIES



WHOLE FRUIT \$1.50

COBS POPCORN GF | VEG | DF \$2.20

CRISPY FREEZE DRIED FRUIT GF | VEG | DF \$3.50  
Options mango | pineapple | strawberry

CHERRY RIPE ENERGY BALL GF | VEG | DF \$3.50

YOGURT POT \$4.50

Options wild berry crumble | honeycomb pie  
strawberry milo disco | wild'n' tropo

MELON IS MAGIC FRUIT PLATE \$4.00

ADD MORE ABRACADABRA!

berries | orange wedges | apple slices +0.50C  
yogurt frogs (2) | honeycomb squares (2)  
marshmallows (3) +\$1.00

CRACKERS 'N' CHEESE PLATE \$4.00

Choose from jatz | rice crackers | corn chips  
Add tasty cheese | cream cheese  
Add cucumber circles | cherry tomato +0.50c

CRUNCH 'N' MUNCH PLATE \$4.00

Choose from carrot stick | cucumber sticks Add  
hummus | guac | cream cheese +0.50c  
Add salted pretzels +\$1.00

THE MORNING MELONATOR \$4.50

SUPER STARTER YOGURT CUP \$6.50  
with granola, loaded berries, + passionfruit

NEW

## HOT PASTRIES & SNACKS



BABY BEEF PIE \$2.60

SNACK SAUSAGE ROLL \$2.60

SPINACH CHEESE PASTIZZI (2) VEG \$4.40

PLANT BASED CHICKEN NUGGETS (4) VEG \$5.20

CHICKEN DRUMMIES (3) \$5.20

GARLIC BAGUETTE VEG \$3.20

HASHBROWNS (2) VEG (COUNTER ONLY) \$3.00

SAUSAGE ROLL \$6.90

SPINACH CHEESE ROLLS VEG \$6.90

HUNGRY HUNGRY HIPPO VEG \$8.00

BEST DEAL

- Plant Based Chicken Nuggets (4)
- Garlic Bread

ADD TOMATO OR BBQ SAUCE +.30C

## BAGELS & WRAPS



**BURSTING BLUEBERRY BAGEL** \$5.00  
Add cream cheese +\$1.00

**CHEEZY BAGELS SENIOR** FROM \$7.50  
CHOOSE FROM

**Super Salad** Cream cheese, avocado, lettuce + tomato  
**Italian Chicken** sundried tomato, + mixed leaf  
**Hello Ham**, cheddar, tomato + mayo (counter only)

**IT'S A WRAP** FROM \$8.00  
CHOOSE FROM

**Falafel**, tomato, hummus + mixed market salad  
**Italian chicken**, sundried tom, mozzarella & mixed leaf  
**Chicken schnitzel**, mozzarella, ranch dressing + lettuce

## SIMPLE SANDWICH



CHOOSE FROM  
WHOLEMEAL | HI FIBRE WHITE | GF +\$1.00  
FROM \$4.00  
JUNIOR

**BUTTER & VEGEMITE**

**JUST CHEESE**

**HAPPY HAM**

**HAM + TASTY CHEESE**

## TOASTIE TIME



CHOOSE FROM  
WHOLEMEAL | HI FIBRE WHITE |  
SOURDOUGH | TURKISH | GF +\$1.00  
FROM \$4.00

**CHEESE + VEGEMITE**

**TASTY CHEESE + TOMATO**

**HAM + TASTY CHEESE**

**TOO CHEEZY**

**HAM, CHEESE + TOMATO**

**I'M A TERRIFIC TOASTIE** FROM \$7.50

CHOOSE FROM  
WHOLEMEAL | WHITE | GF +\$1.00

- Ham + Cheese
- Two Cheezy

with cornatoes or noodles snacks

**BEST DEAL**

## SUPER SALADS



**GOODNESS ME BOWL** GF VEG FROM \$6.00

with green goddess dressing  
Mixed leaf, tomatoes, cucumber & carrot

Add avocado VEG +\$1.60

Add falafel bites or tofu GF +\$1.80

Add poached chicken +\$2.00

Add crispy chicken schnitzel +\$2.50

**SOBA NOODLE BOWL** FROM \$6.00

with sesame dressing  
Japanese style soba noodles, diced cucumber,  
shredded carrot & fried onions

Add Asian inspired tofu VEG +\$2.00

Add Crispy Chicken Schnitzel +\$2.50

**PESTO ME PASTA BOWL** \$7.00

with nut free pesto mayo, mozzarella  
twista pasta, cherry tomato, basil,

Add poached chicken +\$2.00

Add crispy chicken +\$2.50

Add falafel bites GF +\$1.80

**IT'S POKE TIME** \$7.50

packed with protein and pure genius this bowl  
will keep your mind and body powering on.  
Medley of diced rainbow veggies with  
chickpeas, feta, rice and quinoa.



Add poached chicken +\$2.00

**SUNBURST SUPER BOWL** \$8.90

Loaded with a trio of healthy greens + extra  
goodness with all 3 ideal proteins ....

A bowl of our genius awaits



- chicken
- bacon
- feta cheese

OPTION TO ADD CHERRY RIPE ENERGY BALL +\$3.00

**THE POWER RANGER - SUPER SALADS 'TO GO'**

ALL YOUR FAVOURITE SALAD COMBINATION IN  
GRAB'N'GO STYLE CUP! GOODNESS TO GO!

IT'S TOO COOL FOR SCHOOL! FROM \$6.90

See our daily display for more details



## SOMETIMES SNACKS



EUCALYPTUS DROPS	\$1.80
FRUITY GEMS	\$2.20
YOGURT FROGS	\$2.20
OVALTEENIES	\$2.20
MILO ENERGY BAR	\$2.50
SNAPS BBQ VEGGIE CRISPS <b>GF</b>	\$2.80
SMITHS SALT + VINEGAR	\$2.50
RED ROCK DELI CHIPS	\$2.50
CHICKEN NOODLE STICKS	\$2.20
ORIENTAL RICE CRACKERS	\$2.20
CORNTOS	\$2.20

## RISE'N'SHINE



### TOAST (1) \$3.00

Choose from sourdough, raisin or 'Out of the oven' Ciabatta roll **+.50c**

**Add** berry jam, vegemite, honey

**Add** cream cheese, avocado **+\$1.60**

### FRESHLY BAKED CROISSANT \$4.00

**Add** honey, berry jam **+.50c**

**Add** cheese **+\$1.50**

**Add** ham & cheese **+\$1.80**

### PAIN AU CHOCOLAT \$4.00

### SCHOOL SUNRISE BREKKIE MUFFIN \$5.50

Traditional English muffin with 'crispy bacon, egg + sauce

**Add** oven-baked hashbrown **+\$1.50**

**Add** cheese **+\$1.00**

(SUBJECT TO AVAILABILITY)

### SUNRISE BREKKIE SPECIAL COUNTER ONLY

Traditional English muffin with 'crispy bacon, egg + melted cheese **\$9.90**

**Add** oven-baked hashbrown

**INCLUDES HOT DRINK**



## FROM THE BAKERY



### COOKIES FROM \$3.00

Gingerbread circles

Classic choc chip

Red velvet

Oreo kiss **SPECIAL DAYS**

### 'MUFFIN MANIA FROM \$4.00

Apple & forest berry

Milky choc chip milo

Banana & coconut (2) **GF**

Raspberry + white choc

### WARM FRUIT LOAVES FROM \$5.00

**Served** warm with butter

Banana

Banana choc chip

### SWEET BITES \$2.20

Marble brownie **GF**

Mars bar caramel



### IT'S FINGER BUN FRIYAY

FAIRY BREAD **FINGER BUN** +  
MAGIC APPLE JUICE CUP

**FUN  
DAY**

\$5.00

## CHILL OUT TIME



### SLUSHIE CUP \$3.00

See canteen for this weeks flavour

### JUICY TUBES **GF DF** \$3.00

lemonade | wildberry | tropical

### TWISTED FROYOS **GF** \$4.20

choc vanilla | vanilla strawberry |

mango watermelon | caramel vanilla

### PURE POPS FROM \$3.50

choc shake | mango banana |

strawberry mint | vanilla rhubarb

### FRIYAY SPECIAL \$3.00

**RAINBOW ICE CREAM  
CUPS & CONES**

(SUBJECT TO AVAILABILITY)

**COMING SOON**

**ACAI SOFT SERVE**



**\$6.00**

## LET'S TALK DRINKS – COLD



**JUST JUICE BOX** \$2.80  
paradise punch | apple & blackcurrant

**EAST COAST JUICE BOTTLE** \$3.80  
apple | OJ | lemonade | pineapple

**JUICE BOMB SODA CAN** \$3.80  
apple raspberry | grape | watermelon



**T2 TOOTY FRUITY ICE TEA** \$4.50

**NIPPY'S MILK BOX 250ML** \$3.80  
chocolate | strawberry | honeycomb

**BUBLY SPARKLING WATER** \$3.80

**NU PURE STILL WATER** \$3.00

**MILKSHAKE IT!** \$5.00  
Totally Choc | Very Vanilla  
Caramel is King

**DRINKS OVER ICE** \$5.00  
latte | vanilla chai | mocha | chocolate  
**Add** oat or soy milk **+.50c**

**WELL BEING SMOOTHIES** \$6.00  
mad mango | berry me  
(SUBJECT TO AVAILABILITY)



CELEBRATING A BIRTHDAY?

ORDER ONLINE FROM OUR  
CANTEEN BIRTHDAY SERVICE



## LET'S TALK DRINKS – HOT



**BARISTA MADE COFFEE** \$4.00

AVAILABLE IN REGULAR (8OZ) + LARGE (12OZ)

- cappuccino |
- flat white |
- latte | l
- long black
- piccolo |
- chai latte
- milky milo
- creamy hot chocolate
- mighty mocha

### SOOTHING TEAS

- English breakfast
- lemon & ginger
- peppermint
- green
- earl grey

**Add** oat or soy milk **+.50c**

**Add** vanilla | caramel | decaf | extra shot **+0.50c**

**BYO KEEP CUP = 30C DISCOUNT**

### HAPPY CUSTOMER CARD



BUY 9 HOT DRINKS TO  
RECEIVE #10 FREE



Blue Bell  
Cafe